








Stepping up!

Thinking about year 11...

<p>What are you excited about?</p> 	<p>What are you nervous about?</p> 
<p>How can we help you?</p> 	<p>What might derail you?</p> 
<p>How will you celebrate the wins?</p> 	<p>How will you cope with setbacks?</p> 
<p>Self-care strategies:</p> 	

Teacher tips

Students should spend time completing the sheet. Focusing on both the positives and negatives.

Students may need support with ideas for self-care, teachers should stress the importance of good rest, diet etc.

Once complete, students should discuss with their form tutor.